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Office of Special Nutritionals
HFS-450
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW
Washington DC 20204

Statement of Nutritional Support – STRESS FORMULA

Pursuant to 21 CFR Part 101.93, American Specialty Health and Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as STRESS FORMULA

- 1) Name and Address of Distributor: ASHW 8989 Rio San Diego Drive, Suite 250, San Diego, CA 92108.
- 2) Text of Nutritional Support Statement being made:
"Stress Formula is a multi-vitamin, mineral and herb combination. This formula contains Siberian Ginseng which is used to strengthen the immune system, increase blood circulation and support the body from the effects of stress and fatigue."
- 3) Name of dietary ingredient: See attached product label.
- 4) Brand Name: STRESS FORMULA
- 5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Sr. Vice President.

Yours truly,

A handwritten signature in black ink, appearing to read "Doug Metz". The signature is fluid and cursive.

Dr. Doug Metz
Sr. Vice President

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This product contains no yeast, milk, lactose, wheat, sugar, soy, corn, artificial ingredients or preservatives.

Directions For Use: Take 2 capsules, daily with a meal or water.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. If you have elevated blood pressure or hypertension, do not use this product without consulting your physician first.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY™ HEALTH & WELLNESS,
PO BOX 509040, SAN DIEGO, CA 92150-9040

www.buyhealthy.com
1999 R/O
Item # 40159

Premium Products for Your Health & Wellness

100 CAPSULES



DIETARY SUPPLEMENT

STRESS FORMULA



Supplement Facts	
Amount Per Serving: % Daily Value	
Serving Size: 2 Capsules	
Other Ingredients: Cellulose, Maltitol, Magnesium stearate	
Vitamin C (ascorbic acid)	500 mg. 833%
Thiamin (as thiamin HCl)	50 mg. 3333%
Riboflavin (Vitamin B-2)	40 mg. 2353%
Niacin (as niacinamide/nicotinic acid)	125 mg. 588%
Vitamin B-6 (as pyridoxine HCl)	100 mg. 5000%
Vitamin B-5 (as pantoic acid)	10 mg. 500%
Folic Acid (as folic acid)	400 mcg. 100%
Vitamin B-12 (as cyanocobalamin)	100 mcg. 1667%
Biotin (as biotin trifluoride)	300 mcg. 100%
Pantothenic Acid (as d-calcium pantothenate)	150 mg. 1500%
Calcium (as d-calcium pantothenate)	23 mg. 2%
Chromium (as chromium polynicotinate)	200 mcg. 167%
Siberian Ginseng	250 mg. *
Inositol	100 mg. *
Choline (as choline bitartrate)	50 mg. *
PABA (para aminobenzoic acid)	50 mg. *
* Daily Value not established.	

Double safety sealed with a printed outer shrink-wrap film and a printed inner bottle freshness seal. Do not use if either seal is broken or missing.